

D. Amendment to the Abstract

The following is the marked up version of the Abstract.

— A sliding exercise An apparatus and method for use ~~sliding exercise and recreation~~. The apparatus includes a stick-on sheeting material applying to either the bottom surface of a sports board or ~~wearing~~ apparel of a user and ~~on~~ existing terrain enabling the user to slide along a support surface created by the terrain and sheeting material. ~~at least one piece of stick-on sheeting having an adhesive outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer consisting of a low-friction, durable material adapted for engaging in sliding contact with the low-friction surface of area sheeting superposed on a support structure.~~

The following is the clean version of the Abstract.

An apparatus and method for sliding exercise and recreation. The apparatus includes at least one piece of stick-on sheeting having an adhesive outer layer adhered to a substrate such as the underside of a sport board, and an opposed layer consisting of a low-friction, durable material adapted for engaging in sliding contact with the low-friction surface of area sheeting superposed on a support structure.